

BREAKFAST ALL-STAR SPECIAL™											
Item Name	Cal	Fat(g)	SatF	TrF	Chol	Sod(mg)	Carb	Fib	Sug	Prot	Allergens
2 Eggs - Scrambled	180	14	4	0	370	120	2	0	2	12	Egg, Soy.
Includes: Classic Waffle	410	18	10	0	50	870	55	2	15	8	Egg, Milk, Soy, Tree Nuts, Whe
Plus choice: White Toast	230	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
Wheat Toast	220	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
Raisin Toast	300	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
Grilled Biscuit	380	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
Texas Toast - 1 Slice	200	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
Grits	90	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
Hashbrowns	190	7	2.5	0	0	240	29	3	0	3	Soy.
Sliced Tomatoes	10	0	0	0	0	0	2	1	2	1	None
Plus choice: Bacon (3 Slices)	140	12	4	0	30	520	0	0	0	8	None
Sausage (2 Patties)	260	24	8	0	50	510	1	0	0	10	None
City Ham	110	2.5	1	0	30	740	7	0	5	15	None
Country Ham	210	9	3	0	95	1720	0	0	0	32	None

BREAKFAST HASHBROWN BOWLS											
Item Name	Cal	Fat(g)	SatF	TrF	Chol	Sod(mg)	Carb	Fib	Sug	Prot	Allergens
Sausage Egg & Cheese Bowl	920	60	21	0	445	1620	63	5	3	32	Egg, Milk, Soy.
Bacon Egg & Cheese Bowl	800	48	17	0	425	1630	62	5	3	30	Egg, Milk, Soy.
Ham Egg & Cheese Bowl	780	39	13	0	445	2110	66	5	5	40	Egg, Milk, Soy.

EGG BREAKFASTS											
Item Name	Cal	Fat(g)	SatF	TrF	Chol	Sod(mg)	Carb	Fib	Sug	Prot	Allergens
2 Egg Breakfast: 2 Eggs - Scrambled	180	14	4	0	370	120	2	0	2	12	Egg, Soy.
Cheese 'N Eggs: 2 Scrambled with Cheese	280	22	9	0	400	620	2	0	2	18	Egg, Milk, Soy.
T-Bone & Eggs: T-Bone & 2 Scrambled Eggs	1230	73	23	0	1015	1835	3	0	3	139	Egg, Soy.
Steak & Eggs: Sirloin Steak & 2 Eggs	660	46	16	1	845	615	4	1	3	59	Egg, Soy.

EGG BREAKFASTS CONTINUED											
Item Name	Cal	Fat(g)	SatF	TrF	Chol	Sod(mg)	Carb	Fib	Sug	Prot	Allergens
Country Ham & Eggs: Ham & 2 Scrambled Eggs	640	33	9	0	925	2105	5	2	3	83	Egg, Soy.
Chicken & Eggs: Grilled Chicken & 2 Eggs	550	39	12.5	0	805	555	3	0	3	46	Egg, Soy.
Meat Lover's Chicken & Eggs (2 Breasts)	500	30.5	8.5	0	835	1175	4	1	3	54	Egg, Soy.
Pork Chops & Eggs: 2 Pork Chops & 2 Eggs	570	37	11	0	840	1965	3	0	3	57	Egg, Soy.

WAFFLES											
Item Name	Cal	Fat(g)	SatF	TrF	Chol	Sod(mg)	Carb	Fib	Sug	Prot	Allergens
Classic Waffle House Waffle	410	18	10	0	50	870	55	2	15	8	Egg, Milk, Soy, Tree Nuts, Whe
Pecan Waffle	560	33	11.5	0	50	870	58	4	16	10	Egg, Milk, Soy, Tree Nuts, Whe
Chocolate Chip Waffle	520	24	13.5	0	50	870	71	3	28	9	Egg, Milk, Soy, Wheat.
Peanut Butter Chip Waffle	560	26	17	0	50	965	72	3	31	11	Egg, Milk, Peanut, Soy, Wheat.

HASHBROWNS AND TOPPINGS											
Item Name	Cal	Fat(g)	SatF	TrF	Chol	Sod(mg)	Carb	Fib	Sug	Prot	Allergens
Regular Hashbrowns	190	7	2.5	0	0	240	29	3	0	3	Soy.
Large Hashbrowns	380	14	5	0	0	490	59	5	1	5	Soy.
Triple Hashbrowns	570	21	7.5	0	0	720	87	9	0	9	Soy.
Smothered (Sautéed Onions)	15	0	0	0	0	0	3	1	1	0	None
Covered (Melted American Cheese)	50	4	2.5	0	15	250	0	0	0	3	Milk, Soy.
Chunked (Hickory Smoked Ham)	60	1.5	0	0	25	500	2	0	1	9	None
Diced (Grilled Tomatoes)	5	0	0	0	0	0	2	0	1	0	None
Peppered (Jalapeno Peppers)	10	0	0	0	0	390	2	0	0	0	None
Capped (Grilled Mushrooms)	20	0	0	0	0	280	3	1	1	2	None
Topped (Bert's Chili™)	80	3	1	0	5	380	8	2	1	5	Milk, Soy, Wheat.
Country (Sausage Gravy)	90	5	2	0	5	910	10	0	2	1	Egg, Milk, Soy, Wheat.

BREAKFAST SIDES & GRILLED BISCUITS											
Item Name	Cal	Fat(g)	SatF	TrF	Chol	Sod(mg)	Carb	Fib	Sug	Prot	Allergens
Bacon (3 Slices)	140	12	4	0	30	520	0	0	0	8	None
Large Bacon (5 Slices)	230	19	7	0	55	870	1	0	1	13	None
Sausage (2 Patties)	260	24	8	0	50	510	1	0	0	10	None
Large Sausage (3 Patties)	390	36	12	0	70	770	1	0	0	15	None
Biscuit & Sausage Gravy	470	30	16	0	5	1810	44	1	3	6	Egg, Milk, Soy, Wheat.
Sausage Egg & Cheese Biscuit	650	48	22	0	225	1470	35	1	2	19	Egg, Milk, Soy, Wheat.
Bacon Egg & Cheese Biscuit	610	44	21.5	0	220	1560	35	1	2	19	Egg, Milk, Soy, Wheat.
Chicken Biscuit	520	27.5	14.5	0	90	1830	35	2	1	34	Egg, Milk, Soy, Wheat.

BREAKFAST SANDWICHES AND MELTS											
Item Name	Cal	Fat(g)	SatF	TrF	Chol	Sod(mg)	Carb	Fib	Sug	Prot	Allergens
Egg Sandwich	220	8.5	2	0	185	320	27	1	4	10	Egg, Soy, Wheat.
Egg & Cheese Sandwich	270	12.5	4.5	0	200	570	27	1	4	13	Egg, Milk, Soy, Wheat.
Texas Egg & Cheese Melt	590	39	16	0	215	1160	39	2	5	18	Egg, Milk, Soy, Wheat.
Sausage & Egg Sandwich	480	32.5	10	0	235	830	28	1	4	20	Egg, Soy, Wheat.
Texas Sausage, Egg & Cheese Melt	850	63	24	0	265	1670	40	2	5	28	Egg, Milk, Soy, Wheat.
Texas Bacon, Egg & Cheese Melt	730	51	20	0	245	1680	39	2	5	26	Egg, Milk, Soy, Wheat.

TODDLE HOUSE® OMELET BREAKFASTS											
Item Name	Cal	Fat(g)	SatF	TrF	Chol	Sod(mg)	Carb	Fib	Sug	Prot	Allergens
Cheese Omelet (2 Eggs)	500	46	17	0	395	620	3	0	3	17	Milk, Egg, Soy.
Ham & Cheese Omelet (2 Eggs)	560	47.5	17	0	420	1120	5	0	4	26	Milk, Egg, Soy.
Cheesesteak Omelet (2 Eggs)	630	53	20	0	445	920	3	0	3	33	Milk, Egg, Soy.
Fiesta Omelet (2 Eggs)	590	47.5	17	0	420	1510	12	1	6	26	Milk, Egg, Soy.

BUILD YOUR OWN OMELET & TOPPINGS											
Item Name	Cal	Fat(g)	SatF	TrF	Chol	Sod(mg)	Carb	Fib	Sug	Prot	Allergens
Plain 2 Egg Omelet Base	400	38	12	0	370	120	2	0	2	12	Egg, Soy.
Add Bacon	90	8	3	0	20	350	0	0	0	5	None
Add Sausage	130	12	4	0	25	260	0	0	0	5	None
Add Grilled Chicken	140	2.5	0.5	0	90	930	1	1	0	29	None
Add Cheesesteak	130	7	3	0	50	300	0	0	0	16	Soy.
Add Melted American Cheese	100	8	5	0	25	500	1	0	1	5	Milk, Soy.

DINNERS, STEAKS & TEXAS MELTS											
Item Name	Cal	Fat(g)	SatF	TrF	Chol	Sod(mg)	Carb	Fib	Sug	Prot	Allergens
Chicken Dinner (1 Breast + Toast + Hashbro	565	21.5	7.5	0	90	1490	56	7	7	37	Milk, Soy, Wheat.
Country Ham Dinner	635	28	10	0	95	2280	55	6	7	40	Milk, Soy, Wheat.
Pork Chop Dinner (2 Chops)	1005	49	17	0	180	1620	55	6	7	84	Milk, Soy, Wheat.
T-Bone Steak Dinner (10 oz)	725	37	15	1	100	930	56	7	7	42	Milk, Soy, Wheat.
Sirloin Steak Dinner (5 oz)	615	30	11.5	0	60	870	55	6	7	29	Milk, Soy, Wheat.
Texas Grilled Chicken Melt	660	35	15	0.5	115	2040	43	3	6	41	Milk, Soy, Wheat.
Texas Cheesesteak™ Melt	650	40	17	1	75	1400	42	3	6	28	Milk, Soy, Wheat.
Texas Angus Patty Melt	730	50	21	1.5	85	1160	42	3	6	26	Milk, Soy, Wheat.

ANGUS BURGERS, SANDWICHES & PIES											
Item Name	Cal	Fat(g)	SatF	TrF	Chol	Sod(mg)	Carb	Fib	Sug	Prot	Allergens
Angus 1/4 LB Hamburger Deluxe	560	41	16	1.5	60	540	27	1	4	19	Milk, Soy, Wheat.
Angus 1/4 LB Cheeseburger Deluxe	620	45	18.5	1	75	795	29	2	5	22	Milk, Soy, Wheat.
Double Angus 1/4 LB Cheeseburger Deluxe	890	66	28	2	150	1100	29	2	5	40	Milk, Soy, Wheat.
Grilled Chicken Sandwich Deluxe	490	26.5	9.5	0	90	1420	30	3	5	33	Milk, Soy, Wheat.
Grilled Cheese Sandwich	330	21	9.5	0	30	870	26	1	3	10	Milk, Soy, Wheat.
BLT Sandwich	275	13.5	4	0	30	780	27	1	4	12	Soy, Wheat.
Southern Pecan Pie Slice	520	27	14	4	0	280	65	1	45	4	Egg, Milk, Soy, Tree Nuts, Whe
Triple Chocolate Pie Slice	880	42	14	0	125	660	120	2	69	8	Milk, Soy, Wheat.

SALADS & BEVERAGES											
Item Name	Cal	Fat(g)	SatF	TrF	Chol	Sod(mg)	Carb	Fib	Sug	Prot	Allergens
Garden Salad	35	0	0	0	0	20	7	2	5	2	None
Grilled Chicken Salad	175	2.5	0.5	0	90	950	8	3	5	31	None
Coffee / Dark Roast (Mug)	5	0	0	0	0	0	1	0	0	0	None
Coca-Cola® (20 oz)	160	0	0	0	0	35	44	0	44	0	None
Diet Coke® (20 oz)	0	0	0	0	0	50	0	0	0	0	None
Alice's Iced Tea™ - Sweet (20 oz)	70	0	0	0	0	0	17	0	17	0	None
Minute Maid® Orange Juice (Regular)	230	0	0	0	0	0	53	0	48	0	None
Whole Milk (Regular)	130	5	3.5	0	20	125	13	0	13	9	Milk.
Chocolate Milk (Regular)	230	9	5	0	35	190	31	0	29	9	Milk.